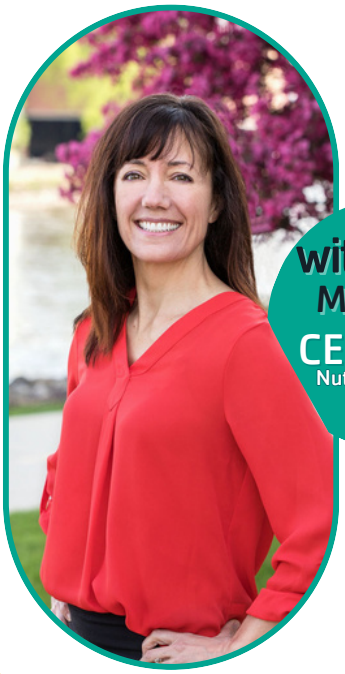
NOURISH TO FLOURISH

Discover the power of a nutritarian lifestyle and how whole, nutrient-rich foods can help you feel better, reduce cravings, and support long-term wellness

Starts the week of JANUARY 19TH

SPOTS ARE LIMITED



the YMCA

with ANN MATUSKA
CERTIFIED
Nutritarian Coach

EAT TO LIVE. FEEL YOUR BEST

8 WEEK COURSE

WHAT YOU'LL LEARN

- EATING HEALTHY, EVEN ON A BUDGET
- CORE PRINCIPLES OF THE NUTRITARIAN LIFESTYLE
- HOW TO LOSE WEIGHT NATURALLY AND SAFELY
- MEAL PLANNING, GROCERY SHOPPING, AND FOOD PREP MADE SIMPLE
- TOOLS TO MAKE LONG-TERM HEALTH CHANGES STICK

COURSE INCLUDES

- WEEKLY LIVE LECTURES
- MEAL PLANS, RECIPES, AND PREP GUIDES
- 2 EVOLT BODY SCANS (1 before & 1 after)
- SUPPORTIVE GROUP COMMUNITY
- PROGRESS TRACKING TOOLS

$249 MEMBERS

$329 COMMUNITY

SCHEDULE

You can take either the Tuesday or Thursday class based on your schedule that week

IRONWORKS **TUES. 6PM** ROSCOE **THURS. 9AM**

REGISTER AT **WWW.STATELINEYMCA.ORG/NOURISH**